

# Boiled Jerusalem Artichokes

## Ingredients

To each 1 gallon of water allow 1 heaped tablespoonful of salt; artichokes.

## Method

Wash, peel, and shape the artichokes in a round or oval form, and put them into a saucepan with sufficient cold water to cover them, salted in the above proportion. Let them boil gently until tender; take them up, drain them, and serve them in a napkin, or plain, whichever mode is preferred; send to table with them a tureen of melted butter or cream sauce, a little of which may be poured over the artichokes when they are not served in a napkin. [Illustration: JERUSALEM ARTICHOKES.]

*Source: Mrs Beeton's Book of Household Management (1861)*

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